REGINA metro®

NEWS WORTH SHARING.

A WORK IN PROGRESS

FINAL DAY OF METRO'S 3-PART SERIES: HOPE FOR THE FUTURE OF CANADA'S FIRST NATIONS EDUCATION SYSTEM PAGES 6-7

Are you looking to hire? Interested in wage subsidy? We can help!

Learn more about the Neil Squire Society's wage subsidy employment program and discover the benefits of hiring someone with a disability today.

Neil SQUIRE SOCIETY

Work with us today!
306.781.6023
www.neilsquire.ca

We Use Technology, Knowledge and Passion to Empower Canadians with Disabilities

Canada *This project is funded by the Government of Canada's Opportunities Fund for Persons with Disabilities*

DESTINATION: MALAWI

Grade 7 students, left to right, Ethan Demmans, Zach Benham, Logan Neumann, Sebastian Eger and Sean Suggitt from Regina's St. Pius X School help load a cabinet and other donations into a 40-foot shipping container destined for Malawi on Thursday. The school, along with SaskTel, SIAST, the provincial Ministry of Health and other organizations, gathered various medical and teaching supplies for schools and for a hospital in the African country. For the story, see page 3.

SARAH TAGUIAM/METRO

Federal grain legislation not enough: Sask.

Major backlog.
Agriculture minister says railways are the 'big winners'

The Saskatchewan government and agriculture groups in Western Canada say federal legislation aimed at increasing the movement of grain doesn't go far enough.

The legislation introduced Wednesday would amend the Canada Grain Act and the Canada Transportation Act in a bid to clear grain that has been sitting in bins across the Prairies because of a rail transportation bottleneck.

Saskatchewan Agriculture Minister Lyle Stewart says in a letter to federal Transport Minister Lisa Raitt and Agriculture Minister Gerry Ritz that the province is disappointed.

"The transportation problems over the last several months negatively impacted producer returns and severely eroded Canada's export reputation as customers sought out more reliable sources for their grain," Stewart wrote Thursday.

"Given the critical nature of the problem and the railway's historical behaviour, our government believed more aggressive steps were required."

Stewart also said he thinks "the railways came out the big winners" in the legislation.

The proposed law would allow the Canadian Grain Commission to regulate how much a grain company would have to pay a farmer if the company didn't meet delivery dates set out in a contract.

It also aims to extend what are called inter-switching limits from 30 kilometres to 160 kilometres in Alberta, Manitoba and Saskatchewan. Most grain elevators on the Prairies are only served by one railway and the federal government says expanding inter-switching would allow more service by more rail companies.

Another change would enshrine a previous government order for Canadian National and Canadian Pacific railways to move a minimum amount of grain or face a penalty of up to $100,000 a day.

Stewart told reporters at the legislature that one of his biggest concerns is that the legislation ends in August 2016.

Franck Groeneweg, chairman of SaskCanola, said the legislation is a good first step to help move grain to ports, but more is needed.

The 2016 sunset clause worries him too.

"We don't want to make it a Band-Aid for the short term here." THE CANADIAN PRESS

WOW! ONE POWERFUL REMEDY FOR YOUR MEDICINE CHEST.

- Oil of Oregano with Black Seed Oil or a one-two immune boost.
- Great for colds, flus, coughs, respiratory conditions.
- High potency! Works fast!

enerex

OLD FASHION FOODS BRANDS
30% OFF REG. PRICE
Sale ends April 30, 2014 while supplies last. No other discount applies.

NON FLUSH NIACIN
60's. Essential B Vitamin necessary for good health.

B-75 COMPLEX
90's. Essential for maintaining healthy nerves, skin, hair, eyes, liver & supports good muscle tone.

SUGAR FREE BLOW-OUT!!!
ROBERTSON SUGAR-FREE CANDY
Flavours available: Cherry • Lemon Lemon & Lime • Licorice • Lime • Maple Cherry Menthol • Eucalyptus Mint • Orange
20% OFF REG. PRICE
Sale ends April 30, 2014, or while supplies last. No other discount applies.

OLD FASHION FOODS LTD.
OLD FASHION FOODS *Picture of Health* EXPO 2
Two days designed to help you be the best that you can be!
Fri. April 25 (3pm – 9pm) and Sat. April 26 (8:30am – 6pm)
At the *Italian Club:* 2148 Connaught Street, Regina
*Speakers *Prizes *Reps demoing samples *15% OFF EXPO discount * Cake * Gift Bags
6 Convenient locations to serve you! (REGINA & WEYBURN)
www.oldfashionfoods.com
Your Health Food Store and so much more... Old Fashion Foods.
Head Office Ph: 306.352.8623

NEWS 1

Man's death ruled murder

Wascana fire. Police are searching for two women missing since before the blaze

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The death of a man whose body was discovered in a charred house in the North Central area last weekend is Regina's second homicide of the year, police confirmed on Thursday.

And city police are looking for two women who lived at the Wascana Street home with the victim, 53-year-old Ray Allen Yacevich.

"Police have been holding the scene since Sunday and have now obtained the necessary authority to search the house," police spokeswoman Elizabeth Popowich said in a news release.

"At this time, there have been no arrests made in connection to this case."

Police are asking the public for information that could help them find Rosalyn Faye Wilm, 41, and her daughter Sarah Dawn Louisa Wilm, 22 — both of whom were last seen at the house on the 1400 block of Wascana on Saturday night, hours before the fire.

"The families of the two women are concerned for their safety," Popowich said by email.

"At this point in the investigation, police do not know what role, if any, the women had in the fire or the homicide. The primary concern is locating both these women and establishing that they have not experienced any mishap or harm."

Firefighters were dispatched to the blaze engulfing the house on Sunday at about 6:20 a.m., and they discovered the body before contacting police.

The homicide investigation, Popowich said, has been prompted by the results of an autopsy on Wednesday in Saskatoon.

A forensics unit probed the house on Thursday as part of the investigation.

Police are asking anyone with information on the case to contact them at 306-777-6500, the nearest municipal police service or RCMP detachment, or Crime Stoppers at 1-800-222-8477.

This Wascana Street house was considered a crime scene on Thursday, after police confirmed a homicide in the case of a man found dead. MARCO VIGLIOTTI/METRO

Pats fans cling to hope for do-or-die game

Pats fans Jill Wenzel and her son Dyson Linzmay. MARCO VIGLIOTTI/METRO

The Regina Pats are in a must-win situation on Friday night to salvage their once-promising season and prevent what would be a shocking first-round series sweep at the hands of the Brandon Wheat Kings.

It may not give the Pats much comfort while down 3-0 in the best-of-seven WHL Eastern Conference quarter-final series, but they've been joined in southwestern Manitoba by a bus-full of supporters from the Queen City.

"It initially sold out before Game 2," Pats spokesman Daniel Fink told Metro on Wednesday of the 56-seat bus for fans heading to Brandon, Man., for Game 4.

After surprising many fans and hockey pundits by nabbing the East Division regular-season title and the second seed in the Eastern Conference, the Pats have enjoyed a spike in support.

Fink said that during the sold-out Game 1 of the series at the Brandt Centre last weekend, the team's store sold all of its red Pats apparel brought in for the playoffs. More playoff merchandise has been ordered.

Overall, he said, the store's sales are up by 35 per cent over last year.

The Pats lost Games 1 and 2 of the series at home. After taking a three-goal lead in Game 3 on Wednesday in Brandon, the Pats lost 5-4 to find themselves on the brink of elimination.

MARCO VIGLIOTTI/METRO

NOW BUYING!
INSTANT CASH
FOR YOUR QUALITY UNWANTED ITEMS
(2 pieces ID required)
NOW SELLING SHISHA AND WATER PIPES
ABSOLUTE CASH®
2916 Dewdney Ave, Regina
306.352.2071
www.absolutecashcanada.com

SIGNS
Trade Show Material
Pop-up Displays
Banners • Posters • Decals
FuturePrint
306-757-8989
www.futureprint.ca
1650 Saskatchewan Dr. (Across from the Police Station)

HomeTech Small Appliance Service Ltd.
Product of the Month
NEW!
Professional Series 750
Five pre-programmed settings ensure simple cleaning, walk-away convenience, and consistent results for smoothie, frozen dessert, soup, and purée recipes. The blades turn as fast as 240mph heating soup in 5 minutes!
Hometech BOSCH Small Appliances
866 Victoria Ave E (North Service Road)
306.352.4030 www.hometechcanada.ca
BOSCH BAMIX BUNN HENCKEL KITCHENAID T-FAL & MORE

In the spotlight

Palliative care or euthanasia? Manitoba MP reignites debate

The debate around euthanasia was reignited this week when Manitoba MP Steven Fletcher introduced two private member's bills on the subject.

But one palliative care advocate in Saskatchewan says assisted suicide often hogs the spotlight for discussions on end-of-life treatment.

"Recognizing that this debate is going to occur in our country, we continue to suggest that the more important debate … (is) why we do not yet have an adequate, consistent and comprehensive system of palliative care," said Jeff Christiansen, president of the Saskatchewan Hospice Palliative Care Association.

Christiansen explained terminally ill patients in rural and urban areas deal with physicians who have different training.

A national strategy on palliative care and increased access to education could help correct the situation, he said.

"This aspect of the conversation about where we are at in terms of quality accessible palliative care in our country needs to be included," said Christiansen.

Fletcher, who was paralyzed in a car accident, said Wednesday his proposal is "designed to help people who are in pain and suffering and most likely lived most of their lives."

He added that a commission would carefully monitor the system.

While Christiansen said palliative care emphasizes comfort over the curative aspects of treatment, he stressed there is a "distinction between that and actively assisting in (a patient's) death."

Still, he said, it's easy to understand why euthanasia captures public attention, despite medical advances.

"The reality of dying is that it can be difficult and it can be painful," he said. "I think it is an aspect of the human condition that we have a certain degree of fear."

JACOB MORGAN/METRO IN SASKATOON WITH FILES FROM THE CANADIAN PRESS

Saskatchewan organizations send donations to Malawi

We See You.
Grade 7 students from St. Pius X School in Regina helped in loading the goods

SARAH TAGUIAM
sarah.taguiam@metronews.ca

Several organizations in Regina and Saskatoon are extending a helping hand to schools and a hospital in Malawi.

Through SaskTel's We See You program, the groups have collected enough donations to fill a 40-foot-long industrial shipping container bound for the African country.

Among the recipients of the medical and learning supplies and furniture will be University of Malawi Polytechnic and Senga Model Primary School.

Grade 7 students from St. Pius X School in Regina helped in loading the goods into the container on Thursday.

Quoted

"The help is very (much) needed around the world … and it's really nice to know that the kids in Malawi are getting help."
Student Ethan Demmans

"Sometimes it gets hard. But when you think about what you're doing for the kids, it really makes it that much easier," Ethan Demmans, one of the students, said during a break in the work at a Regina Qu'Appelle Health Region warehouse.

According to Demmans, 13, his school held smoothie sales and a "bring your hat day" to contribute to the donations.

"The help is very (much) needed around the world," he added, "and it's really nice to know that the kids in Malawi are getting help."

The container is the 15th that SaskTel and its supporters are sending to developing countries that lack teaching and learning resources.

Some of that assistance through the wider project has come from the Saskatchewan Institute of Applied Science and Technology and the provincial Ministry of Health.

This year, they've chosen Malawi due to a partnership with the University of Regina, which has had projects in that country for years.

"We are very pleased to be partnering with so many excellent organizations to make this a reality," said Thomas Chase, the U of R's provost and vice-president.

"Being able to send these materials will make a huge difference in the lives of many Malawians."

Grade 7 students help move donations on Thursday through a Regina warehouse and into a shipping container, the contents of which will be sent to schools and to a hospital in Malawi. SARAH TAGUIAM/METRO

Uh-Oh... Better Get Maaco
COLLISION REPAIR & AUTO PAINTING®
CANADA'S BODYSHOP™

✓ Full Collision Repair
✓ Small Damage Repair
✓ Auto Painting Specialists

Courtesy cars provided by enterprise
Courtesy cars available by appointment for all insurance claims and regular retail prices.

I-CAR GOLD CLASS
2012 ABEX WINNER Service Category

SGI SGI ACCREDITED

BUSINESS HOURS
Monday - Friday: 8:00 am - 5:30 pm
Saturday: 10:00 am - 1:00 pm
Closed Long Weekends

2330 7th Avenue
565-2650

FOR A FREE ONLINE ESTIMATE VISIT US AT www.maaco-reginaca.com
Maaco Collision Repair & Auto Painting® are independent franchises of Maaco Systems Canada Inc. and are privately owned and operated.

North Korea. Leader's haircut gone viral

North Korean leader Kim Jong-un's distinctive hairstyle is the 'do of the day on the Internet, thanks to a viral report that every male university student in the capital is now under orders to get a buzz just like it. But recent visitors to the country say they've seen no evidence of any mass haircutting. **THE ASSOCIATED PRESS**

North Korean leader Kim Jong-un
THE ASSOCIATED PRESS FILE

President Hollande

French magazine fined over photos

A French court has ordered a gossip magazine to pay 15,000 euros for publishing photos of what it said was a helmeted President Francois Hollande visiting an actress for a secret tryst. Hollande broke up with his partner Valerie Trierweiler within days of the publication in Closer magazine in January. **THE ASSOCIATED PRESS**

Nuclear safety

Container in radioactive scare not well secured

Cylinders carrying radioactive material fell during unloading in Halifax because one end of a shipping container they were in wasn't properly secured to a crane, Canada's nuclear safety agency says. **THE CANADIAN PRESS**

IMF offers Ukraine up to $18B in loans

New government. It finds itself caught between the demands of international creditors and a restive population

Western nations rushed to help Ukraine on Thursday, with the International Monetary Fund pledging up to $18 billion in loans, the UN condemning the vote that drove Crimea into Russian hands and the U.S. Congress considering even harsher sanctions against Russia.

Yet even with such intensive help to prop up Ukraine's teetering economy, the prime minister warned that all residents are going to feel pain from the necessary financial reforms ahead — and home energy prices are certain to rise quickly.

And if that wasn't enough, former Ukrainian prime minister Yulia Tymoshenko — one of the country's most polarizing figures — said she will run for president in the May 25 vote. The announcement is sure to usher in strong emotions in Ukraine's turbulent politics.

Russia, for its part, shrugged off the spotlight that was on Ukraine and the torrent of criticism directed at its annexation of Crimea. President Vladimir Putin's government announced it would set up its own payment system to rival Visa and MasterCard after the two companies pulled their services from some Russian banks in the wake of international sanctions.

Speaking in Rome, U.S. President Barack Obama called the swell of support a "concrete signal of how the world is united with Ukraine." **THE ASSOCIATED PRESS**

Necessary change

'Kamikaze government'

The reforms demanded by the IMF — which included raising taxes, freezing the minimum wage and hiking energy prices — will hit households hard and are likely to strain the interim government's hold on power.

"This is a kamikaze government that perfectly well understands that there is no other way to stabilize Ukraine," said Viktor Zamyatin, analyst with the Kyiv-based Razumkov Center think-tank.

Former Ukrainian prime minister Yulia Tymoshenko speaks during a press conference in Kyiv, Ukraine, Thursday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

BUILT Ford TOUGH EVENT
MAKE YOUR TRUCK, YOUR TRUCK
$1,000 TOWARDS FORD CUSTOM ACCESSORIES
2014 F-150 SUPER CAB XLT 4X4 5.0L
PURCHASE FOR $28,899*
OFFER INCLUDES $8,250 IN MANUFACTURER REBATES
OWN FOR ONLY $199 @ 4.49% APR
Financed bi-weekly for 72 months with $1,750 down.
Super Crew Chrome Package Shown
10.6L/100km 27 MPG HWY / 15.0L/100km 19 MPG CITY***
F-SERIES BEST-SELLING TRUCKS 48 YEARS
OR STEP UP TO A 2014 F-150 SUPERCREW XLT 4X4 5.0L
FOR ONLY $15 MORE BI-WEEKLY
Built In Technology
Jack Two-ton capacity, Standard Trailer Sway Control, Electronic-locking rear differential
10.6L/100km 27 MPG HWY** / 15.0L/100km 19 MPG CITY**
OFFER INCLUDES $8,250 IN MANUFACTURER REBATES
Offers exclude freight and air tax.
JUST ANNOUNCED
PLUS $1,000** LOYALTY & CONQUEST CUSTOMER CASH
FOR QUALIFIED CUSTOMERS IF YOU ARE A CURRENT OWNER OR LESSEE OF DODGE, CHEVROLET, NISSAN, TOYOTA, MAZDA, HONDA, OR FORD PICKUP TRUCK.
BUILD YOUR DREAM TRUCK WITH $1,000 IN ACCESSORIES.
ONLY AT YOUR PRAIRIE FORD STORE TODAY.
Ford
Go Further
prairieford.ca

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). * Until April 30, 2014 purchase a new 2014 Ford F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L) for $28,899/$30,999 (after Total Manufacturer Rebate of $8,250 deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,795) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ** Until April 30, 2014, receive (4.49%) APR purchase financing on new 2014 Ford (F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L) models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for $28,899/$30,999 purchase financed at (4.49%) APR for 72 months, with $1,750 down payment, monthly payment is $435/$464 after total Manufacturer Rebates ($8,250) deducted). (the sum of twelve (12) monthly payments divided by 26 periods; given 2 paper is bi-weekly payment of $399/$424.) Interest cost of borrowing is $7,570/$7,640 for APR of (4.49%) and total to be repaid is $37,898/$40,898). Down payment may be required based on approved credit from Ford Credit. All purchase finance offers exclude charges for freight and air tax ($1,795), options, license, PPSA, fuel fill charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees, and taxes. All prices are based on Manufacturer's Suggested Retail Price. *** Estimated fuel consumption ratings for the 2014 F-150 4X4 5.0L V8 6-Speed Auto). Fuel consumption ratings based on Natural Resources Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. † F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December 2013. + Offer valid from March 1, 2014 to April 30, 2014 (the "Program Period"). Receive (AED) $1,000 towards select Ford Custom truck accessories, excluding factory-installed accessories/options ("Accessory/ies"), with the purchase or lease of a new 2013/2014 Ford F-150 (excluding Raptor, or Super Duty (excluding Chassis Cabs) (each an "Eligible Vehicle") delivered or factory ordered during the Program Period (the "Offer"). Offer is subject to vehicle and Accessory availability. Offer is not redeemable for cash and can only be applied towards eligible Accessories. Any unused portions of the Offer are forfeited. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. ** Offer only valid from March 27, 2014 to March 31, 2014 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) a Ford or Lincoln Pickup Truck (F150, F250-450, Ranger, Lincoln Mark LT, Lincoln Blackwood) (each a "Qualifying Loyalty Model"), or any competitive pickup truck with a pickup bed (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2013/2014 F-150 (excluding Raptor and XL 4x2 Value Leader) (each an "Eligible Vehicle"). Qualifying customers will receive (AED) $1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before Incentive is deducted. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

A man tends to his polio-affected son in New Delhi Thursday. The WHO has formally declared India polio-free, with no new case of the disease detected in the country in the past three years. MANISH SWARUP/THE ASSOCIATED PRESS

WHO declares 'victory' over polio in India

'A day that we have dreamt about.' Once considered all but an impossibility, the country is now officially free of the 'dreaded disease'

The scourge of polio ends in India with a four-year-old girl, Rukhsar Khatoon, who became ill as a baby after her parents forgot to get her vaccinated.

Her barely perceptible limp the only lingering sign of the disease, Rukhsar was the last person to contract polio in the nation of 1.2 billion people.

The World Health Organization formally declared India polio-free on Thursday, after three years with no new cases. It said the milestone means the entire Southeast Asian region, home to a quarter of the world's population, is considered free of the disease.

Being declared polio-free once was considered all but impossible in a nation hobbled by corruption, poor sanitation and profound poverty. Although the disease could return, eradicating it is a landmark public health achievement.

This is "a day that we have dreamt about," said Poonam Khetrpal Singh, a WHO official at a ceremony in New Delhi to declare the entire Southeast Asian region free of the disease. Singh described it as "a day that all countries fought hard for, and a day when all stakeholders come together to celebrate the victory of mankind over a dreaded disease."

THE ASSOCIATED PRESS

'Saint Barack' has kind of a nice ring to it, don't you think?

Pope Francis and U.S. President Barack Obama share a laugh as they meet at the Vatican on Thursday. Obama called himself a "great admirer" of Pope Francis, considering the pontiff a kindred spirit on issues of economic inequality. Their historic first meeting comes as Obama's administration and the church remain deeply split on issues of abortion and contraception. GABRIEL BOUYS/THE ASSOCIATED PRESS

30% jump. U.S. estimates 1 in 68 kids has autism

The U.S. government increased its autism estimate on Thursday to 1 in 68 U.S. children.

That's a 30 per cent jump from the last federal estimate of 1 in 88 children with autism or a related disorder. The latest calculation means autism is more than twice as common as officials said it was just seven years go.

But health officials say the new number may not mean autism is occurring more often. Much of the increase is believed to be from a cultural and medical shift, with doctors diagnosing autism more frequently, especially in children with milder problems.

There are no blood or biologic tests for autism, so diagnosis is not an exact science. It's identified by making judgments about a child's behaviour.

This latest estimate by the Atlanta-based Centers for Disease Control and Prevention means autism affects roughly 1.2 million U.S. children and teens.

THE ASSOCIATED PRESS

Health. Morning-after pill to carry weight warning

Emergency contraceptive pills known as the morning-after pill will soon carry new warnings about reduced effectiveness in women weighing more than 165 pounds.

Health Canada has asked companies to add warnings to packaging advising that the pills are less effective in women weighing 165 to 176 pounds and are not effective in women weighing more than that.

Women who weigh 165 pounds or more are advised to ask a health professional for advice on alternative methods of emergency contraception.

The morning-after pills available without prescription in Canada are Next Choice, Norlevo, Option 2 and Plan B.

The drugs are taken by women up to 72 hours after unprotected sex or a contraceptive accident, such as a condom breaking, to prevent pregnancy.

The pills contain a higher dose of levonorgestrel compared to regular birth control pills with this hormone and work by preventing ovulation or fertilization of an egg. They have no effect if a woman is already pregnant.

THE CANADIAN PRESS

Trade in your old phone
Upgrade to a new phone
Get Paid up to $250 store credit
SaskTel AUTHORIZED DEALER
it's as simple as that!
*Some conditions apply. See store for details.
PRAIRIEMOBILE COMMUNICATIONS

CATCHING DREAMS

Day 1: the Problem
Day 2: the Plan
Day 3: the Promise

Upheaval is coming for First Nations schools. The federal government is planning to invest nearly $2 billion into the neglected system and give communities more control over their own education. Metro travelled to two on-reserve schools to document their condition, the details of the plan and why many people say the proposed changes may be their kids' last chance.

Feds set course — but not date

The road to the First Nations Control of First Nations Education Act has been a hard one.

After four years of dialogue, national outcry from indigenous people and a failed first draft, the federal government says it is finally on track to improving Canada's on-reserve education.

Shawn Atleo, national chief of the Assembly of First Nations, condemned the original First Nations Education Act in November 2013.

In an open letter to Bernard Valcourt, minister of Aboriginal Affairs and Northern Development Canada, Atleo explained the document was "not acceptable" for First Nations in Canada.

Atleo said indigenous people need control over education, statutory funding, language and culture classes, no unilateral federal oversight and ongoing dialogue.

While critics of the draft say the federal government wasn't hearing what First Nations people were saying, Valcourt insists he heard them loud and clear.

"After we got the draft bill out, that's when the chiefs and the assembly considered the draft and outlined what they believed were the conditions necessary to ensure the success of an education system," he said.

But while Valcourt said the changes are historic, it may be a while before Canadians see them.

"That work is taking place as we speak and we have no timeline in terms of when this will be ready, but it is important that we continue the dialogue with First Nations."

Atleo said the commitments made by the federal government are a step in the right direction. "They put resources on the table," Atleo said in a recent interview.

Both Atleo and Valcourt said the road ahead would be challenging but worth it.

"This is for the benefit of the whole country," said Valcourt. "The First Nation leaders and chiefs and councillors I've talked to on reserve, they all want to be a part of a successful Canada, of a Canada where there is an opportunity for everyone provided that they have the tools — and this is a fundamental tool that they badly need."

MORGAN MODJESKI/METRO IN SASKATOON, WITH FILES FROM JACOB MORGAN

Success stories

There are a few notable exceptions to the lacklustre First Nations education system in Canada.

- **British Columbia.** Indigenous communities have worked with the government on a unique system since the '90s. Their education authorities are providing a foundation for the federal proposals. Students can move seamlessly between First Nations and public schools.
- **Nova Scotia.** Mi'kmaw Kina'matnewey earned the right to control its education in 1999 and incorporates culturally sensitive curricula and indigenous language immersion. In the 2012-13 school year, it reported an 87.7 per cent high school graduation rate.

Making moving

Grade 4 teacher Myra Laponsee with her students at Sturgeon Lake Central School. While some teachers at on-reserve put forward by the federal government, others say it may be a step in the right direction to restoring First Nations culture.

Reclaiming what was lost. Teachers united in call for government to repair damage to native culture — but split on their current attempt

MORGAN MODJESKI
Metro in Saskatoon

Want to know the impact of the funding deficit on aboriginal culture? Just ask a teacher.

Educators at two First Nations schools in central Saskatchewan say the federal government needs to do much more to teach on-reserve students about their history and culture.

They argue a lack of funding is denying students a chance to learn about First Nations traditions and languages, which were repressed and almost lost through Canada's residential schools system.

"They lost a part of themselves," says Grade 1 teacher Karen Rondeau, speaking in her small classroom at the Sturgeon Lake Central School, which serves the Sturgeon Lake First Nation.

"To make themselves whole again, they need their culture; they need their language; they need their traditions to be proud people and move on," Rondeau says. "(The Federal Government) took it away, so why not give it back?"

Through the First Nations Control of First Nations Education Act, Prime Minister Stephen Harper plans to release $1.252 billion in additional

do, on

schools are skeptical about the First Nations Control of First Nations Education Act
MORGAN MODJESKI/METRO IN SASKATOON

core funding for First Nations education over three years, starting in 2016. This, Harper says, would allow communities to "incorporate language and culture programming."

But with little information on how the money will be distributed, some, like Charlene Constant, who teaches Grade 1 at Bernard Constant Community School on the James Smith Cree Nation, are skeptical.

"It sounds like a big number," she says. "But once you break that down to all the bands in Canada and it goes through whoever it needs to go through … it's not going to be enough."

Myra Laponsee, who teaches Grade 4 at Sturgeon Lake Central School, feels the bill is a step forward in restoring First Nations traditions.

"I know it's really difficult to get (our culture) back, but it's possible; it's absolutely possible," she says.

"Right now, what they're trying to do, as First Nations people, it's only going to benefit us. It's not the government writing it for us this time, the way they did back then. It's us writing our own education act."

On the web

1 Audio slideshow. Keeping a language alive
Go online for a snapshot of a Cree language course and find out how some teachers are trying to reintroduce their students to a culture almost lost.

2 Residential schools. Some wounds don't heal
Head to metronews.ca to hear the story of Howard Walker, an elder who survived the residential schools system, and why he will never trust the Canadian government.

Giving kids a sporting chance

For some students in Canada, access to sport and athletics is as simple as putting their name on a sign-up sheet.

For some students on First Nations reserves, the thought is a pipe dream.

For the last five years, Blair Sands has taught physical education at Bernard Constant Community School on the James Smith First Nation in central Saskatchewan. He says his students are missing out on opportunities to nurture their athletic abilities and their future.

"There's no doubt in my mind that sports have a positive impact on young people," said Sands, as students zip by on small scooters in the gym.

Working with community members, parents and administrators, Sands started a non-profit booster club to raise funds for the school's athletics program, as his budget for the 2013-14 school year was set at roughly $500.

Blair Sands, the phys-ed teacher at Bernard Constant Community School, has started fundraising through a non-profit booster club to ensure his students have access to sports. MORGAN MODJESKI/METRO IN SASKATOON

"You can lower crime rates and you can lower drop-out rates if you have the right programming and the right people," he says.

Sands says they've raised roughly $20,000 in equipment and cash through provincial grants and contributions.

"If (youth) are in a sports program, they're not getting into trouble because they're playing volleyball, they're playing hockey or they're on the gym mat," he says. "I'm not a gambling man — but the odds are against you if you don't have positive things to influence your life, coaching and sports included."

MORGAN MODJESKI/
METRO IN SASKATOON

Erralyn Thomas
METRO IN SASKATOON

Beating the odds

JACOB MORGAN
Metro in Saskatoon

Athletics may well have saved Erralyn Thomas's life.

Thomas, the B.C. youth representative for the Assembly of First Nations, hails from the Snuneymuxw First Nation, located on the southeast part of Vancouver Island.

The 27-year-old says her school was the size of a trailer and sat between a railway and a highway.

"We had to turn people away," says Thomas. "It's not really safe." The graduation rate, she added, was around 40 per cent at the time she finished high school.

Her parents were alcoholics and left when she was 11 or 12, leaving her and her brother with their grandparents, who were residential school survivors.

"That affected their parenting," she says.

But Thomas found solace in sport. Her high school coaches took a personal interest when she was in trouble.

"I was out on the streets from 13 to 16, and so mentors and my coaches … helped me get here," she says.

Thomas earned a lacrosse scholarship to Niagara University and played in the 2009 women's lacrosse World Cup. Today, she is a law student at the University of British Columbia.

RONA

IN STORE JOB FAIR

Sunday, March 30th

11:00 am to 5:00 pm

On Site Interviews

Aim for the right job!

Canada`s largest home improvement retailer!

Whether you are looking for full time, part time or a summer position here are some of the Team Member positions available:

* Paint & Décor * Plumbing * Lumber & Millworks * Electrical * Cashiers * * Customer Service * Flooring * Tools & Hardware * Night Crew * Garden Centre * * Seasonal * Lumber Yard * Shipping * Receiving * Contractor Sales *

RONA offers: Flexible hours, Ongoing Training, Product Discounts, Career Opportunities, Competitive Wages, Pension, Benefits, Scholarships, Safe Working Environment, Referral Programs

Build Your Future with RONA

In this file photo, women protest in support of Amina Filali, who committed suicide in March 2012 in front the Moroccan parliament in Rabat. A poll of 50,000 people across 34 African countries finds attitudes toward women's equality are dimmest in the predominantly Muslim north. ABDELJALIL BOUNHAR/THE ASSOCIATED PRESS

Support lowest in North Africa for equality: Poll

Afrobarometer poll.
Disparities across continent highlighted

Attitudes toward women's equality are dimmer in North Africa than in the rest of the continent, according to a new poll of about 50,000 people across 34 African countries.

The Afrobarometer poll, conducted in 2011-13 and released Thursday, found women are at a disadvantage compared to men across Africa, but support for women's equality is growing.

Those polled in the predominantly Arab Muslim north gave the lowest level of support for equality and described the highest frequency of discrimination.

North Africa in general reports greater wealth and higher levels of economic development than the rest of the continent.

Yet, while 68 per cent of respondents across Africa felt women could be leaders, that figure was 50 per cent in North Africa, where people in Algeria, Egypt, Morocco, Sudan and Tunisia were interviewed.

THE ASSOCIATED PRESS

Hurry in for a $100 bonus gift[1] on select smartphones.

Plus, get more deals on other great phones!

Samsung Galaxy Ace II x™
$0 With Tab Small[2]

Samsung Galaxy S III™
$0 With Tab Medium[2]

Offer ends March 31, 2014.

koodo™

BEST BUY FUTURE SHOP LONDON DRUGS THE MOBILE SHOP Walmart

koodo shop Cornwall Centre Southland Shopping Centre

(1) Bonus gift will vary by store location and value of phone. See store for full details. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

Building buzz for Lego rental service

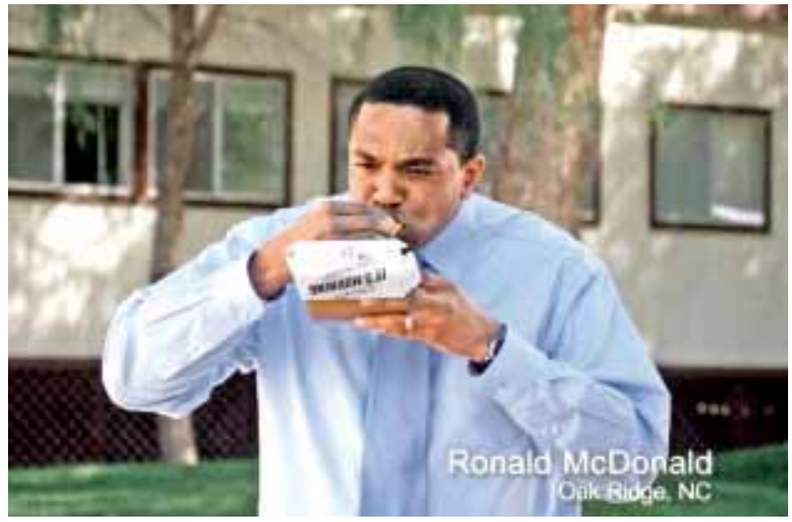
Toy story. Pley offers subscription-based model for children

Toy rental company Pley is laying down Lego foundations for global expansion.

The U.S.-based startup — dubbed the "Netflix for Lego" — is growing brick-by-brick after receiving millions in investment. Mother of two Elina Furman set up the company to cut the cost and clutter caused by children's rapid consumption of toys. The 15,000 members of Pley can rent and receive door-to-door delivery from a choice of thousands of Lego sets for a fee between $15 and $39 US. The founder explains why this venture is providing the educational building blocks for the future.

When did you see the gap in the market?

Eighteen months ago I had an avalanche of toys because of my other job as "A-List Mom" (a children's advice and ideas website). I thought, how can I manage this and reduce our footprint and at the same time give children access to educational toys rather than just cluttering our lives? So I started looking for an opportunity to rent. METRO WORLD NEWS



Start your day right ... with Taco Bell?

This frame grab from a video shows Ronald McDonald of Oak Ridge, N.C., in a Taco Bell commercial. The fast-food chain began airing ads in the U.S. Thursday that feature everyday men who happen to have the same name as the McDonald's mascot. The marketing campaign is intended to promote Taco Bell's new breakfast menu, which features novelties like a waffle taco.

TACO BELL VIA TAYLOR STRATEGY/ THE ASSOCIATED PRESS

Lululemon. 2013 revenues rise, but 2014 guidance low

Lululemon Athletica Inc. says it plans to get back to "what it does best" as it seeks to win back customers' love and put last year's missteps behind it.

For the 2013 fiscal year revenue increased to $1.6 billion from $1.4 billion in 2012. Its immediate sales outlook was flat, while guidance for 2014 was lower than analysts had expected. THE CANADIAN PRESS

Market Minute

DOLLAR 90.65¢ (+0.43¢)

TSX 14,178.84 (-5.26)

OIL $101.28 US (+$1.02)

GOLD $1,294.80 US (-$8.60)

Natural gas: $4.52 US (+$0.13)
Dow Jones: 16,264.23 (-4.76)

Feeling like the working dead?

Search from over 650 new jobs posted every day.

At Workopolis, we can help you breathe new life into your career. With the most job postings from Canada's top employers, we'll help you find the workplace that really stimulates your brains. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

JUNOS ONLY MISSING ONE THING

THE METRO LIST

Mike Benhaim
metronews.ca

1 On the money. Who says being a writer doesn't pay? The Royal Canadian Mint unveiled a silver collector's coin honouring acclaimed Canadian author Alice Munro. The mint's president, Ian Bennett, says the coin is a "beautiful and meaningful keepsake for readers, writers and collectors alike." Know what I consider a meaningful keepsake? Her actual books.

2 The Juno Awards. Has anyone noticed this show getting a lot sexier over the last decade? With all-star guests like Arcade Fire, Michael Bublé and Avril Lavigne hitting Winnipeg like a warm spell, the Junos have become must-see TV. The only thing missing, sadly, is me.

3 J'accuse. The Parti Québécois has alleged that Anglos from outside Quebec are committing voter fraud and trying to "steal" the provincial election. Apparently hundreds of Ontario students have been denied voter registration despite having lived in Montreal for years. To be fair, it's not that they don't want people to vote. They just prefer the ones that are likely to vote for them.

4 En Vogue. Kim and Kanye were the "tweet of the town" after this week's Vogue pictorial, but what really struck me upon visiting her profile was the message on my screen that read "Sign up for the Kim Kardashian Newsletter and stay in the know," implying that there's anything about her that we still need to know. #VogueBacklash

5 Attention, Entourage fans. Good news: The long-awaited film version is currently being shot. All original cast members return as the circulating group-selfies confirm, including Sloan, played by homegirl Emmanuelle Chriqui and a huge list of secret celebrity cameos. The bad news? You'll have to wait till summer of 2015. #entouragemovie

6 Kroll Show. In this week's finale, American comic and star of The League Nick Kroll took it to our nation with a Degrassi spoof and other very amusing Canuck-based parodies. Because on the growing list of topics that are now taboo, Canadians are among the few people you're still allowed to openly mock.

7 #RobtheMob. Amidst all the big-budget films being released, this is one that's generating a remarkable level of positive buzz. After previews, Rob the Mob hits L.A. theatres Friday as this season's sneaky surprise with a solid cast, including Andy Garcia and Boardwalk Empire's Michael Pitt. Punctuating the film throughout are various versions of Stephen Endelman's original song Love and the Gun, a quietly epic retro-anthem sung by soon-to-be revealed secret superstar Tamela D'Amico.

8 Colon Cancer Canada. There's nothing funny about this disease, but their annual Push For Your Tush campaign does inspire a chuckle. Hockey legend Darryl Sittler always participates as his late wife was the inspiration for the fundraiser Wendy Bear. Warning: He's still pretty strong so do not attempt a surprise bodycheck like I did. Especially after he knocks you out the first time. Happening Canada-wide in the month of June, register now. @ColonCancerCDA #PushForYourTush

Follow The Metro List on Twitter @TheMetroList

ZOOM

This bird's in fine feather

JOHANNES STOETTER/BOURNEMOUTH NEWS/REX FEATURES PHOTOS

Tropical parrot is a painted person

This may look like a typical holiday snap of a tropical parrot, but a closer inspection reveals it is in fact a painted person. The artwork is the latest offering from former world champion body painter Johannes Stoetter, who spent weeks painstakingly planning how he could transform a female model into an exotic bird. METRO

A close-up of the artist at work.

Discerning eyes needed to see woman

Despite all the difficulty, Stoetter was satisfied in the end.

"I feel very happy with the final work. Most people's reaction is 'nice photo of a parrot, where did you photograph it?'" the artist said.

"Even some of my closest friends who know me and my art didn't notice that it is not a real parrot. When they found out, they were really amazed and surprised." METRO

Clickbait

TAKARA SMALL
takara.small@metronews.ca

Cash is so passé. The idea of using credit, debit or (god forbid) actual money to buy something is fading out. The future is now full of mobile-swiping and button-clicking to achieve even the simplest of necessities such as food or drinks. Despite the hype surrounding bitcoins, most people seem hesitant about adopting the digital currency. Thanks to the proliferation of smartphone technology, now you can eat and drink without ever having to worry about cards or cash.

CONTRIBUTED

PayPal:

With a simple swipe of a finger Canadians can sign in and pay for food or drinks while bypassing the arduous task of counting change or fumbling with cards based on a location-based model. The server sees a photo of the customer when they decide to pay and he or she simply swipes right to pay.

Eat24:

Like PayPal, this app can be used globally to not only pay for food via your smartphone but also search out places to eat. Find yourself in a new city? No worries, just download the app and let our robot overlords help you find nourishment.

Comments

RE: The Reason Canadian Kids Suck At Math? They Aren't Doing It, says Paul Sullivan. Published March 25

This debate seems so 20-years-ago to me. People are even still talking about calculators. The elephant in the room here is the fact that everyone now has access to a super computer.

People graduate from high school without even being able to model simple physical systems outside some memorized formulas. Things don't get much better in university either. We are in the end going to have to rip out and replace a lot of our current curriculum.

So if things like the "discovery" system don't work, the answer is not to retreat to the old ways. The old ways don't work either.

We need to come up with some new ways...

ggroups posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Synopsis

After a quick recap of Old Testament highlights we meet Noah, the last descendant of Adam and Eve's son Seth. The world he lives in is a dangerous place, ruled by Cain's bloodthirsty bloodline, but Noah (Russell Crowe) and family (Jennifer Connelly, Douglas Booth, Emma Watson, Logan Lerman and Leo McHugh Carroll) live as nature-loving, proto-hippies. That is, until Noah has an— apocalyptic dream. Consulting with his grandfather Methuselah (Anthony Hopkins), he determines The Creator wants him to build an ark and laden it with two of every creature in advance of a great flood that will destroy mankind and the violence they perpetrate. But Noah will have to make some troubling decisions to fulfill God's will.

- Richard: ●●●○○
- Mark: ●●●●○

Russell Crowe and Jennifer Connelly in Noah. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Crowe floats this boat

Up to the ark. Darren Aronofsky's art-house epic Noah rises above its biblical origins

Richard: Mark, the best way I can describe Noah is emotionally ambitious. It takes a familiar story and shines a new light on it by highlighting Noah's spiritual quandary. In the film — which takes liberties with the biblical story — he's a vegan prophet who grapples with doing God's will while balancing the needs of all of humanity, particularly his family. The meaning of faith and the consequences of adhering to that faith are the film's main thrust, but as interesting as that is, the movie feels like one thing when it is addressing the spiritual and quite another — possibly a Lord of the Rings movie — when it is in action movie mode.

Mark: Richard, I queasily bought the transition from religious allegory to action pic because I admired the tone and quality of the movie. I shuddered when I first heard about the picture, but then got interested when I found out Aronofsky was directing. Unlike most biblical epics, the dialogue isn't embarrassing and the lead actor isn't over the top.

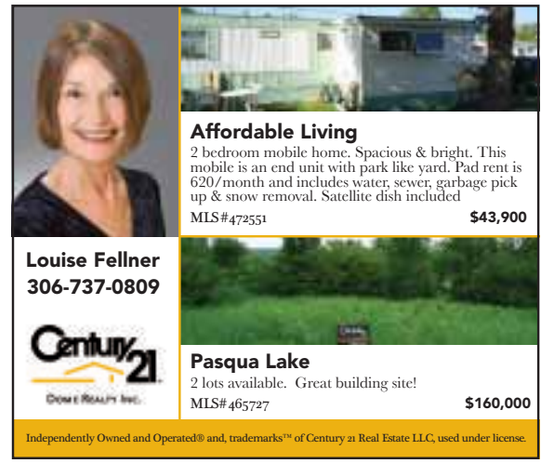
RC: It's not your father's biblical epic, that's for sure. This is an art-house epic that filters the story through Aronofsky's impressionistic style. Some may criticize the movie for not being reverent enough, but I thought he treated the story as a living, breathing thing and not an artifact from another time. But having said that, Aronofsky moves in mysterious ways. He shot the epic almost entirely in close-up, and the flood scene could have used a bit more Cecil B. DeMille.

MB: He also indulged in some sci-fi flourishes I don't remember from the Bible! But I accepted them as part of the world of wonder when the Earth was a *pre*-prehistoric place. The movie has a strong environmental message and also feels critical of doctrinaire religious fundamentalism. Noah, at the end, almost makes a choice that only a deranged religious kook would make. Speaking of which, what did you think of Russell Crowe?

RC: Crowe's been in a bit of a slump in recent years. The dangerous, complex actor of movies like Gladiator and A Beautiful Mind seemed to have taken a backseat to the performer who thought making The Man with the Iron Fists was a good idea. Noah is a nice reminder of Crowe's delicate mix of fearsome masculinity and subtle sensitivity.

MB: I thought he was wonderfully restrained in the part even when he was deranged with fervour. My only complaint is that the movie peaks too soon. I guess there's a bit of a problem with the story... arc.

NEED A RIDE?
Read metrodrive every Wednesday.


Louise Fellner
306-737-0809
Century 21
Dome Realty Inc.
Affordable Living
2 bedroom mobile home. Spacious & bright. This mobile is an end unit with park like yard. Pad rent is 620/month and includes water, sewer, garbage pick up & snow removal. Satellite dish included
MLS#472551
$43,900
Pasqua Lake
2 lots available. Great building site!
MLS#465727
$160,000
Independently Owned and Operated® and, trademarks™ of Century 21 Real Estate LLC, used under license.

SCENE

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Comedy/Drama

Bad Words

Director. Jason Bateman

Stars. Jason Bateman, Kathryn Hahn

Jason Bateman makes his feature directorial debut with Bad Words. Bateman stars as Guy Trilby, a 40-year-old who finds a loophole in the rules of The Golden Quill national spelling bee and decides to cause trouble by hijacking the competition. Contest officials, outraged parents, and overly ambitious eighth graders are no match for Guy, as he ruthlessly crushes their dreams of victory and fame.

Rotten Tomatoes™ score
Critics: 74% **Audience:** 65%

Mystery/Comedy

Cheap Thrills

Director. E.L. Katz

Stars. Pat Healy, Sara Paxton

Cheap Thrills follows Craig (Pat Healy), a family man who loses his job and is threatened with eviction. To delay facing the music at home, he heads to a local bar and encounters a friend (Ethan Embry). The two friends are roped into drinks by a stranger (David Koechner) and his wife (Sara Paxton). The couple engages the two in dares for money, and soon the couple pushes how far Craig and his friend are willing to go for money and cheap thrills.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 96%

Drama

Noah

Director. Darren Aronofsky

Stars. Russell Crowe, Jennifer Connelly

Russell Crowe stars as Noah in the film inspired by the epic biblical story of courage, sacrifice and hope. Directed by visionary filmmaker Darren Aronofsky.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 75%

Sabotage puts Arnie under the gun

Where the action is. New film finds star revving up his shooting and his acting skills

NED EHRBAR
Metro World News in Hollywood

Given his resumé, it's understandable that Arnold Schwarzenegger would think he knew all there is to know about action movies. So naturally when Sabotage director David Ayer suggested the former California governor sign up for some weapons training prior to filming, he balked. "Why do I need weapons training? I mean, I've shot more guns than anyone in movie history and killed more people than anyone, so why do we need to go through weapons training?" he remembers thinking.

But Schwarzenegger was actually impressed by Ayer's push for realism and technical accuracy — and with just the fact that the End of Watch director had work for the Terminator star to do at all.

"I love that he pushed me," he says. "Sometimes directors get intimidated when they meet someone like me. They say, 'I'm looking forward to working with you' and 'Let's just figure out how we're going to get ready for the movie,' and those kinds of things. But David came in and was very clear with the set of things that needed to be done."

He also knows that the filmmaking world has changed a lot since his action heyday, and because of that, a decent amount of preparation goes a long way.

"When you get to the set, the day is not anymore like in the '80s and '90s where a studio would raise $100 million and you would have a great action movie. Those were the old days," Schwarzenegger says. "The budgets are half of what they used to be because the rest of the money is being used for the franchise movies and the big sequels and stuff like that. It's a different world but you have to adjust to that."

Making Sabotage didn't just present Schwarzenegger with a new kind of filmmaking experience but also a new type of character to play. "From an acting point of view, it was the most challenging because I've never played a character like this," he says of his role in the morally murky DEA thriller. "My characters usually play black-and-white and I'm the good guy and I upset the bad guys, and then with a little bit of humour throughout the movie and that's it," he says.

Arnold Schwarzenegger in Sabotage. CONTRIBUTED

Working with a taskmaster

"I love that he pushed me.... David came in and was very clear with the set of things that needed to be done."

Arnold Schwarzenegger, on working with Sabotage director David Ayer

Realize. Lifelong Learning Matters.

Spice up your Spring.

Lifelong Learning Centre Courses

Arts & Entertainment
Computers
Fitness
Health & Lifestyle
Languages
Social Studies
Writing & more

Register today.
www.uregina.ca/cce
306-585-5748

Facebook.com/uofrcce

University of Regina | Lifelong Learning Centre for Continuing Education

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 28 TO THURS., APR. 3. TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

300: Rise of an Empire 3D (18A) Fri 7:45-10:15 Sat-Sun 1:30-4:40-7:45-10:15 Mon-Tue 6-8:45 Wed 2-6-8:45 Thu 6-8:45
Divergent (PG) No Passes Fri 6:30-7:05-9:30-10:10 No Passes Sat-Sun 12-12:40-3:15-3:55-6:30-7:05-9:30-10:10 No Passes Mon-Tue 5:20-7:30-8:25 No Passes Wed 1:50-2:10-5:20-7:30-8:25 No Passes Thu 5:20-7:30-8:25
The LEGO Movie (G) Fri 7:30 Sat-Sun 1:40-4:30-7:30 Mon-Tue 5:50 Wed 2:10-5:50 Thu 5:50
The Monuments Men (PG) Fri 7:15-10 Sat-Sun 1:10-4:20-7:15-10 Mon-Tue 5:25-8:05 Wed 2-5:25-8:05 Thu 5:25-8:05
Mr. Peabody & Sherman (G) Sat-Sun 12:20
Mr. Peabody & Sherman 3D (G) Fri 7:25-9:50 Sat-Sun 2:40-5-7:25-9:50 Mon-Tue 5:35-7:55 Wed 1:50-5:35-7:55 Thu 5:35-7:55
Muppets Most Wanted (G) Fri 7-9:45 Sat-Sun 1:20-4:10-7-9:45 Mon-Tue 5:45-8:20 Wed 1:40-5:45-8:20 Thu 5:45-8:20
Need for Speed 3D (PG) Fri 6:40-9:35 Sat-Sun 12:30-3:30-6:40-9:35 Mon-Tue 5:40-8:40 Wed 1:40-5:40-8:40 Thu 5:40-8:40
Noah (STC) No Passes Fri 6:50-10:05 No Passes Sat-Sun 12:10-3:40-6:50-10:05 No Passes Mon-Thu 5:30-8:30 Star & Strollers Screening, No Passes Wed 1:30
Non-Stop (PG) Fri 7:40-10:15 Sat-Sun 1-4-7:40-10:15 Mon-Thu 5:55-8:35 Star & Strollers Screening Wed 1:30
That Awkward Moment (14A) Fri-Sun 9:55 Mon-Thu 8:10

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

300: Rise of an Empire 3D (18A) Fri 5:15-7:45-10:15 Sat 12:15-2:45-5:10-7:45-10:15 Sun 2:45-5:15-7:45-10:10 Mon 7:35-10 Tue 5:05-7:35-10 Wed 7:35-10 Thu 7:35-9:55
Bad Words (14A) Fri 5:45-8:10-10:30 Sat 1:10-3:25-5:45-8:10-10:30 Sun 1:10-3:25-5:40-8-10:25 Mon 7:55-10:10 Tue 5:30-7:55-10:10 Wed 7:55-10:10 Thu 7:05-9:30
Bolshoi Ballet: Marco Spada (STC) Sun 12:55
Captain America: The Winter Soldier 3D (PG) No Passes Thu 10 No Passes Thu 8
Divergent (PG) No Passes Fri 4:20-7:25-10:40 No Passes Sat 1:15-4:20-7:25-10:40 No Passes Sun 1:15-4:20-7:25-10:30 No Passes Mon 7:20-10:25 No Passes Tue 4:15-7:20-10:25 No Passes Wed-Thu 7:20-10:25 No Passes Fri 3:40-6:45-9:55 No Passes Sat 12:35-3:40-6:45-9:55 No Passes Sun 12:35-3:40-6:45-9:50 No Passes Mon 6:50-9:55 No Passes Tue 3:45-6:50-9:55 No Passes Wed 6:50-9:55 No Passes Thu 6:50
The Grand Budapest Hotel (14A) No Passes Fri 5:30-8-10:25 No Passes Sat 12:30-3-5:30-8-10:25 No Passes Sun 12:35-3-5:25-7:50-10:15 No Passes Mon 7:50-10:15 No Passes Tue 5:20-7:50-10:15 No Passes Wed 7:10-10:15 No Passes Thu 7:50-10:15
The LEGO Movie (G) Fri 4:45-7:15-9:45 Sat 11:15-1:20-4-7:15-9:45 Sun 1:35-6:55-9:25 Mon 7:10-9:35 Tue 4:45-7:10-9:35 Wed 9:35
Monsters vs. Aliens (G) Sat 11
Mr. Peabody & Sherman (G) Sat 11:40 Sun 1:40
Mr. Peabody & Sherman 3D (G) Fri 4:35-7-9:25 Sat 2:10-4:35-7-9:25 Sun 4:10-6:40-9:10 Mon 6:55-9:15 Tue 4:25-6:55-9:15 Wed-Thu 6:55-9:15
Muppets Most Wanted (G) Fri 5:10-7:55-10:35 Sat 12-2:40-5:15-7:55-10:35 Sun 1-3:45-7:10-9:45 Mon 7:40-10:15 Tue 5-7:40-10:15 Wed-Thu 7:40-10:15
National Theatre Live: War Horse - Encore (STC) Wed 6:30
Need for Speed 3D (PG) Fri 4:40-7:35-10:35 Sat 1:45-4:40-7:35-10:35 Sun 4:25-7:20-10:20 Mon 7:25-10:20 Tue 4:30-7:25-10:20 Wed-Thu 7:25-10:20
Noah (STC) No Passes Fri 3:55-7:05-10:10 No Passes Sat 12:45-3:55-7:05-10:10 No Passes Sun 12:45-3:55-7:05-10:05 No Passes Mon 7:05-10:05 No Passes Tue 4:05-7:05-10:05 No Passes Wed 7:05-10:05 No Passes Thu 7:10-10:10

Kramer IMAX Theatre
2903 Powerhouse Dr.

Born to Be Wild 3D (G) Fri-Sun 2:15-4:45 Tue 2:15-4:45 Wed 1 Thu 2:15-7
Flight of the Butterflies 3D (STC) Fri-Sun 1-3:30-7 Tue 1-3:30 Wed 2:15-3:30 Thu 1-3:30-4:45
No Films Showing Today (STC) Mon

Golden Mile
3806 Albert St.

12 Years a Slave (14A) Fri-Thu 1:10-3:50-6:30-9:10
3 Days to Kill (14A) Fri-Thu 1:20-3:45-6:35-9:10
American Hustle (14A) Fri-Thu 1:10-3:50-7:15
August: Osage County (14A) Fri 1:15-3:50-6:40-9:15 Sat 1:15-3:50-9:15 Sun-Thu 1:15-3:50-6:40-9:15
Frozen (G) Fri-Thu 1:25-4-6:45
The Hunger Games: Catching Fire (PG) Fri-Thu 1:10-4-7:10
Lone Survivor (14A) Fri-Thu 9:25
The Nut Job (G) Fri-Thu 1:30-4:05-7:05
Ride Along (PG) Fri-Thu 9:20
Whitewash (STC) Fri-Thu 3:55-9:25
The Wind Rises (G) Fri-Thu 1:15-6:30

Regina Public Library Film Theatre, 23 11 12th Ave.

A Field in England (14A) Thu 7
Gloria (14A) Fri 7 Sat 9 Sun 7
The Grandmaster (PG) Thu 9
No Films Showing Today (STC) Mon-Tue
Visitors (G) Fri 9 Sat 7 Sun 9
The Wrong Man (STC) Wed 7

Zac Efron ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

It beggars belief that Efron fought tramps — not such a glass act after all, Zac

Zac Efron seems to be having a hard time keeping out of trouble. The latest incident for the clean and sober star involves getting into a fight with a transient near L.A.'s Skid Row, according to TMZ. Efron and his bodyguard were reportedly stranded near an underpass of the 110 freeway after their car ran out of gas earlier this week and attracted the anger of nearby homeless men when Efron tossed out a glass bottle that shattered near an encampment. Tensions between the homeless men and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. No arrests were made, as police could not single out anyone as the instigator in the "mutual combat" situation, according to police reports.

The Word

There's Snow doubt at all fans want to see shy Kit's body

MELINDA TAUB
Metro World News

You can't be a Game of Thrones star and be a prude. If you want to wash your hair, conceal your butt and leave your mother unscandalized, you'd better go into accounting. So sayeth Kit Harington, who stars as Jon Snow in the HBO epic, for now, until his character gets eaten by the Lannisters or something.

"It's only right, if you're going to make a show where nudity and sex is a large part of it, that you be a part of that," he told GQ.

As a matter of fact, Kit's parts have not yet been a part of that. The one time we saw Jon Snow's butt jumping into a river, Kit had a broken ankle and a stand-in had to perform the scene. He's not raring to take his turn stripping down, though.

"I wouldn't say I'd be happy about it," he said. "I'm not saying (if I would do a nude scene). Because I don't know. It would have to be f—ing well deserved."

I'll tell you who well deserves it: The show's female (and gay) fans, who have sat through breast after breast after breast, "well deserved" or not. But do what you want, Kit. Don't do anything you're not comfortable with.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro.
News worth sharing.

Saskatchewan Liquor and Gaming Authority - Liquor Permit ADVERTISING FORM

Under the provisions of The Alcohol and Gaming Regulations Act, 1997

Notice is hereby given that Julieanne Lee Bimson has applied to the Liquor and Gaming Authority for a Special Use - Salon/Spa Permit to sell alcohol in premises known Wicked Nail Bar at 6827 Rochdale Blvd. Regina, SK.

for which the following is a correct legal description:

(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

Block B Plan No. 81R49758 Extension 0 Surface Panel #110492827
6827 Rochdale Blvd. Regina, SK.

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

Let Terry help you find...
Your New Home!

Terry Hnatiuk
306-533-6002

MLS#491092

3221 Dewdney Ave.
Well kept 840 sq. Ft. 3 bedroom bungalow. Some upgrades. Basement recently braced and open for development with side entrance. Appliances included.
$229,900

MLS#490499

2120 Fleury St.
1032 sq. ft. 4 bdrm, 2 bath bungalow. Developed basement with single garage and fenced yard. Close to school. Main floor shows open plan w/hdwds. Many upgrades. Must See!
$336,900

MLS#489829

1146 Rae St.
844 sq. ft. Bungalow on a 33' lot. Shows newer laminate flooring in living room. Long term tenant would prefer to stay. House & appliances sold as is.
$144,900

MLS#485829

4808 McCombie Cres.
Open floor plan with hdwd & tile flooring in main. Kitchen features granite counter tops, custom maple cabinets, walk through pantry and large mud/laundry room. Private owners suite with bath & walk in closet. Basement fully dev. With large rec room & bdrms.
$599,900

MLS#486333

#8 — 6575 Rochdale Blvd.
North location. Great condo backs green space. 2nd Floor unit. Several upgrades. Unit very well maintained. Close to bus stop, Wichenheiser rink, and electric parking stall.
$189,900

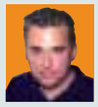
Southey Tate Ave
10 lots available, 65 ' wide each. Please call for further information.
$39,750

Century 21 Dome Realty Inc.

Independently Owned and Operated® and™, trademarks of Century 21 Real Estate LLC, used under license.

Liquid Assets

More to love about Italy



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Italy is a big chunk of the wine world. With 20 regions, and close to 1,000 different grapes growing, it ranks second only to France when tallying up total wine production.

Trouble is, even with so much variety, the wines from Veneto (Valpolicella and Pinot Grigio) and Tuscany (Chianti) make up the majority of what the average Canadian wine drinker is buying.

That leaves a lot of room for discovery, and a good place to start your journey is the central Italian region of Abruzzo — the country's fifth largest winemaker. The montepulciano grape calls the area home and it creates easy-drinking wines with a dark red colour, balanced acidity and rounded tannins, making them food-friendly and sippable by their lonesome.

Illuminati's 2012 Riparosso Montepulciano d'Abruzzo ($14.10 - $16.95) is a modern take on the style that spends only six months aging in oak which allows a dark, jammy goodness to dominate. Its ripe plummy flavour and dried cherry finish is an ideal partner for lamb, pasta with meat sauces, beefy burgers and aged cheeses. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Salad

Chicken Rice Noodle Salad with Coconut Milk Dressing

- 150 g flat rice noodles
- 2 x 200 g cooked chicken breast fillets, sliced
- 2 long red chili peppers, deseeded and finely sliced
- 4 finely shredded kaffir lime leaves
- 3 green onions (scallions), finely sliced
- 1/2 cup coriander leaves
- 1/2 cup mint leaves
- 1/2 cup basil leaves

Coconut Milk Dressing

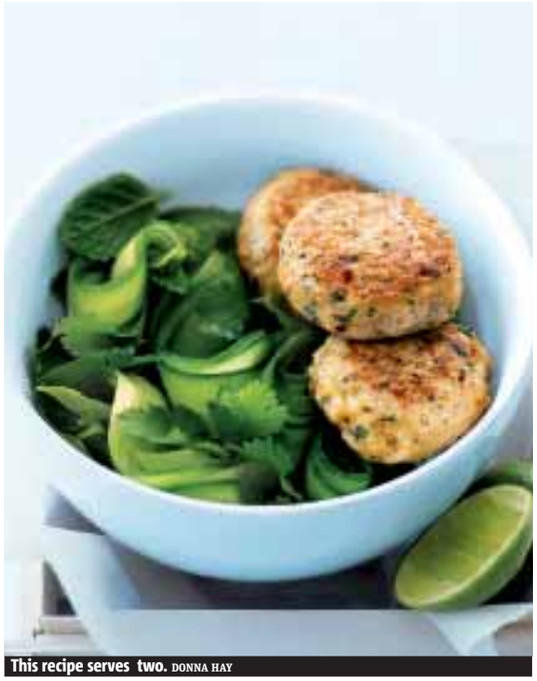
- 1/2 cup (125 ml) coconut milk
- 1 tbsp fish sauce
- 2 tbsp lime juice
- 1 tbsp caster sugar

Place rice noodles in bowl, cover with boiling water and stand 6 minutes or until soft. Drain and rinse. Toss noodles with chicken, chili, lime leaf, onion, coriander, mint and basil. Coconut milk dressing: combine coconut milk, fish sauce, juice and sugar. Pour over the salad to serve.

DONNA HAY, GUSTOTV.COM

Including unconventional flavours in your dishes doesn't have to be difficult. Bestselling Australian chef Donna Hay shows us how, with a delicious shallow-fried recipe from her cookbook Fast, Fresh, Simple.

Adding Asian accents: Simple Thai Fish Cakes



This recipe serves two. DONNA HAY

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

1. Place the fish, ginger, chili jam, coriander and egg white in the bowl of a food processor and process until smooth.

Ingredients

- 500 g firm white fish fillets, skin off
- 2 tbsp finely grated ginger
- 2 tbsp chili jam
- 1/4 cup coriander (cilantro) leaves
- 1 egg white
- vegetable oil, for shallow frying
- lime wedges, to serve

Cucumber and Lime Salad

- 1 tbsp lime juice
- 2 tsp fish sauce
- 1 1/2 tsp superfine sugar
- 3 Lebanese cucumbers, sliced with a vegetable peeler
- 1/4 cup mint leaves
- 1/4 cup coriander leaves

FLASH FOOD

From your fridge to your table in 30 minutes or less

2. With slightly wet hands shape the mixture into 12 flat cakes.

3. Heat a non-stick frying pan over medium-high heat. Add 1 cm of oil and cook the fish cakes, in batches, 4 minutes each side or until cooked.

4. To make the cucumber and lime salad, place the lime juice, fish sauce and sugar in a bowl and mix to combine.

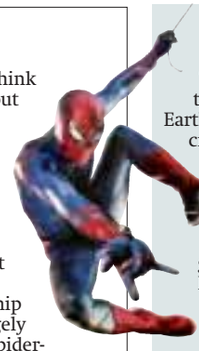
5. Add the cucumber, mint and coriander and toss to coat. Serve with the fish cakes and lime wedges. **WATCH DONNA HAY FAST, FRESH, SIMPLE THURSDAYS STARTING AT 10 P.M. EST/PT ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

How to live green for real in your home

KITCHEN TABLE
WASHING
FOOT-PUMP WASHING MACHINE AND SPINNER (GURADORA)
STANDARD WASHING MACHINE
LIGHT
MICROALGAE LAMP: ALGAE + WATER
HOUSE
Wood wins: Carbon footprint of building materials for a single-storey home
TONNES OF CO2
FLOOR STRUCTURE
ROOF FRAME
WALL
WINDOWS
Substituting a cubic metre of wood for other construction materials (concrete, blocks or bricks) will save up to one tonne of CO2 emissions.
HEATING
KG OF CO2 EMISSION PER MEGAWATT HOURS
COMMUTING
KG OF CARBON EMISSIONS PER PASSENGER/KILOMETRE
POWER
RECYCLE-POWERED GENERATOR

3 reasons why you should turn off the lights this Saturday

Be a superhero for the planet



Each one of us is powerful — more than we think — when it comes to the choices we make about what we consume, how we use resources, the products we buy and how we reuse and recycle. These efforts, multiplied around the world, have a major impact on the planet.

Earth Hour is this Saturday. In homes and cities all around the world, at 8:30 p.m. local time, people will switch off their lights as a symbolic demonstration of their commitment to conserve the planet.

WWF is excited about this year's partnership with Spider-Man for Earth Hour. And it is hugely inspiring that the stars of the The Amazing Spider-Man 2 — Andrew Garfield, Emma Stone and Jamie Foxx, along with director Marc Webb — are lending their support.

You, too, can help by switching off your lights for Earth Hour this weekend, but also in the ways you live your daily life and the choices you make, every day of the year.

Use the power of the crowd

The 2014 Earth Hour also sees the launch of an innovative digital crowdfunding and crowdsourcing platform, Earth Hour Blue, which aims to harness the power of the crowd to raise funds and awareness for essential on-the-ground environmental projects around the world.

With a few simple clicks, you can help deliver energy-efficient stoves to families in Madagascar, help communities in the Philippines build fibre-glass boats to withstand climate impacts like Typhoon Haiyan, support conservation of the iconic Table Mountain National Park in South Africa, and provide better equipment for WWF rangers protecting Indonesia's endangered wildlife — like the Sumatran tiger, elephant, rhino and orangutan, and their forest home.

You can also show your support for essential conservation projects around the world by adding your voice to important digital campaigns — such as helping end shark-finning in marine waters for the consumption of shark fin soup, and saving the Great Barrier Reef in Australia.

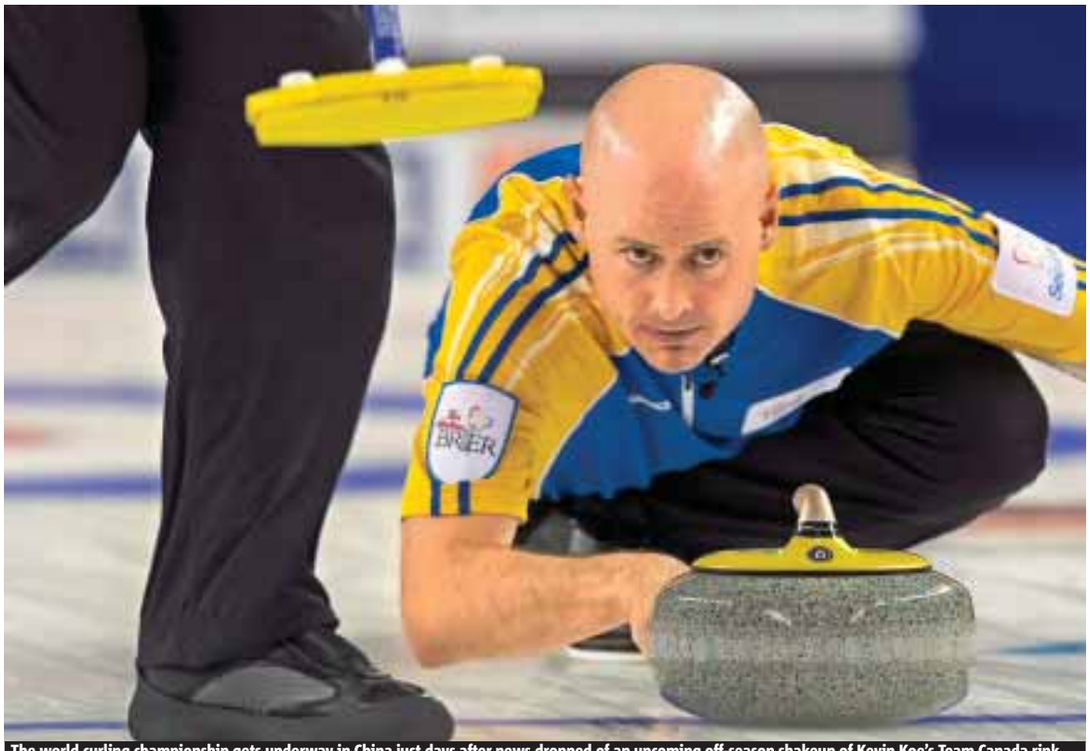
We love cities

Odds are you're reading this on your daily commute. Today, more than half of us live in urban spaces, generating more than 70 per cent of the world's CO2 emissions. But there is so much we can do to reduce our footprint on the planet, even in cities.

WWF's Earth Hour City Challenge was created to mobilize action and support from cities in the essential global transition towards a resilient, climate-smart future. The challenge celebrates and encourages the best of urban green innovations, in areas ranging from cleaner energy to more efficient buildings and less waste. Fourteen national winners and one global Earth Hour Capital are being announced this week, decided in part by the thousands of votes received online from citizens around the world.

It really is up to each one of us to save the planet — individually, as businesses or governments, and in groups of concerned citizens committed to bringing about positive change for this amazing planet we call home. And to do that, we all need to channel our inner superhero!

JIM LEAPE, DIRECTOR GENERAL OF WWF INTERNATIONAL



The world curling championship gets underway in China just days after news dropped of an upcoming off-season shakeup of Kevin Koe's Team Canada rink.
ANDREW VAUGHAN/THE CANADIAN PRESS

Tumultuous times for Koe-favourites

Curling. Team Canada will try put back-room deals and rumours aside at world championship

Canada's Kevin Koe is trying his best to avoid distractions and focus on curling as he prepares for the men's world curling championship.

There have been a few challenges for Koe in the lead-up to the competition, which opens Saturday at Beijing's Capital Indoor Stadium. Chief among them is news that there are changes coming to his rink next season.

World closing in

"Canada used to be known obviously as a big favourite going in all the time but you quickly realize how the gap is changing."

Edmonton's Kevin Koe. Canada will be a favourite along with Scotland, Sweden, Norway and China. The 12-team field is rounded out by the Czech Republic, Denmark, Germany, Japan, Russia, Switzerland and the United States.

Koe's current lineup features second Carter Rycroft, third Pat Simmons and lead Nolan Thiessen. Rycroft, whose wife is pregnant, has already said he'll be taking a year off after this season.

Kevin Martin confirmed to The Canadian Press that Marc Kennedy and Ben Hebert will be leaving his rink to join Koe's next season while Sportsnet reported that Brent Laing of Glenn Howard's rink will round out the new foursome.

Koe preferred to keep his focus on the worlds and declined to comment on the coming changes.

The timing is less than ideal for Koe and his teammates. Gerry Peckham, the Canadian Curling Association's high-performance director, expects Koe to be able to lock in on the immediate task before him.

"Our analysis of his performance skills and performance attributes would suggest that he's an incredibly focused individual and is seldom distracted by anything external to the game at hand," Peckham said. "I think those teammates have looked in each other in the eye again, squared their shoulders, are shaking each other's hands and are now moving on to complete this journey of a world championship."

THE CANADIAN PRESS

Figure skating

Duhamel-Radford claim world bronze

Canada's Meagan Duhamel and Eric Radford won a pairs bronze medal at the world figure skating championships on Thursday in Saitama, Japan.

Duhamel, from Lively, Ont., and Radford, from Balmertown, Ont., were third with 210.84 points. Germany's Aliona Savchenko and Robin Szolkowy won the gold, claiming their fifth title.

Duhamel and Radford, who were seventh at the Sochi Olympics, also won bronze at last year's world championships in London, Ont. THE CANADIAN PRESS

MMA

Surgery for St-Pierre after training mishap

Former UFC welterweight champion Georges St-Pierre tore ligaments in his left knee in training and will need surgery.

St-Pierre made the announcement on Twitter. The 32-year-old Montreal fighter remained in training after vacating the title in December and plans to return to MMA at some point.

THE ASSOCIATED PRESS

NFL

Rags to riches for Lions' Ihedigbo

James Ihedigbo's hard work has paid off.

The Detroit Lions signed Ihedigbo to a $3.1-million, two-year contract, a person familiar with the negotiations said on Thursday on condition of anonymity.

Ihedigbo earned a spot in the NFL after being an undrafted free agent and a walk-on in college.

THE ASSOCIATED PRESS

5-tool baseball observer

A look at storylines to keep track of this season with the Toronto Blue Jays

THE CANADIAN PRESS
Photos by Torstar News Service

Anthopoulos-Gibbons

General manager Alex Anthopoulos brought John Gibbons back last season to manage the Jays after John Farrell departed for Boston. Even with a big roster shakeup, the team failed big time in 2013. If Toronto continues to fail on the field, how much longer do Anthopoulos, or the affable Gibbons, have?

Starting pitching

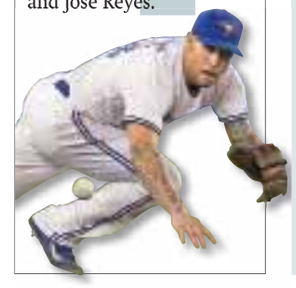
There are more than a few question marks here, which isn't promising considering the Jays starters went 46-57 last season with a 4.81 ERA. Knuckleballer R.A. Dickey, lefthander Mark Buehrle and Brandon Morrow lead the rotation with Drew Hutchison and Dustin McGowan completing the quintet — at least to start with.

Attendance

About the only thing that went up last year for the Blue Jays was attendance. Despite the poor results, 2013 attendance reached 2,536,562 for an average of 31,315 at the Rogers Centre. That marked a considerable jump from 2012 when attendance totalled 2,099,663 for an average of 25,921. Will Toronto fans remain on the bandwagon if the product disappoints again this season?

Defence

One positive this season looks to be defence with a healthy Melky Cabrera plus Colby Rasmus and Jose Bautista in the outfield and Ryan Goins adding his fielding skills to an infield already brimming with talent in that area with Brett Lawrie and Jose Reyes.



The bench

With Toronto going with an eight-man bullpen, the Jays bench will be very thin. Backup catcher Josh Thole, whose main job is to handle Dickey, is a career .251 hitter whose average dropped to .175 in limited major-league action last season. The other two are outfielder Moises Sierra and utility infielder Maicer Izturis.

MLB spring training

Hutchison ready for the real thing

Drew Hutchison gave up one hit in 5 1/3 scoreless innings and led the Toronto Blue Jays past the Philadelphia Phillies 3-0 on Thursday.

Hutchison is scheduled to start Toronto's second regular-season game against the Tampa Bay Rays on Tuesday. He allowed a single to Jimmy Rollins in the fourth, walked three and struck out three.

The right-hander beat out several candidates, including Todd Redmond, Esmil Rogers and Ricky Romero, for a spot in the rotation. He was 5-3 with a 4.60 ERA in 11 starts as a rookie in 2012.

Dioner Navarro hit a sacrifice fly off Phillies starter A.J. Burnett in the fourth. Gabe Jacobo added a two-run single in the eighth.

Burnett gave up three hits with one walk and six strikeouts in five innings. The right-hander signed a two-year, $22.5-million deal with Philadelphia in February. THE ASSOCIATED PRESS

Chandra Crawford

Ex-cross-country skiing champion calls it a career

Gold medallist and three-time Olympian Chandra Crawford has announced her retirement from cross-country ski racing.

The 30-year-old from Canmore, Alta., won Olympic gold in the women's sprint in 2006.

Crawford also won seven World Cup medals during her career, including two gold.

She's dealt with injuries in recent years. Crawford required surgery on both legs a year out from the 2010 Winter Games.

Crawford was eliminated in the first round of the women's sprints in Sochi last month.

THE CANADIAN PRESS

Chandra Crawford announced her retirement from competitive cross-country skiing Thursday.
THE CANADIAN PRESS

Football. Highly touted Canadian lineman dazzles scouts at his own pro day

Canada's Laurent Duvernay-Tardif has his eyes set firmly on the upcoming NFL draft.

Under the gaze of nine NFL and four CFL scouts, Duvernay-Tardif confirmed why he's one of the most touted Canadian football prospects in recent memory.

The six-foot-five offensive lineman for the McGill Redmen had his private pro day in Montreal on Thursday. He leapt, sprinted and tackled during the two-hour training session, setting personal bests and impressing his visitors from out of town.

It's been a while since a CIS player garnered such attention from both sides of the border.

"It doesn't happen every day, sure," said the 23-year-old, who chose to let scouts from both professional football leagues assess his abilities simultaneously, rather than attend last week's CFL combine. "And it's not every day a Canadian gets the opportunity to do what I'm doing. I don't know if this is historic. But I'm really happy it happened to me."

Duvernay-Tardif, a medical student at Montreal's McGill University, is projected as a third- to fourth-round pick in May's NFL draft.

Laurent Duvernay-Tardif won the J.P. Metras Trophy as the top lineman last season in the CIS.
THE CANADIAN PRESS FILE

The native of St-Hilaire, Que., scored a personal best in the broad jump Thursday, and some scouts clocked him in at less than five seconds in the 40-yard dash — impressive results for a player weighing just under 300 pounds.

Scouts from Oakland, Kansas City, Philadelphia, Arizona, New York, Green Bay, Chicago, San Francisco and Buffalo gathered in Montreal to see firsthand if the Quebecois player has what it takes to compete in the U.S. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You'll make your presence felt today, especially at work where power planet Pluto encourages you to believe you are worthy of bigger and better things. You are entitled to be treated with respect — and you will make sure you get it.

♉ Taurus
April 21 - May 21
The planets will give you the confidence to let important people know what you are capable of. Don't worry that they might think you are being too pushy because that's just what they are looking for.

♊ Gemini
May 22 - June 21
Money matters and career issues are under good influences today, so be brave and make the first move if you feel there is cash to be made or a promotion to be won.

♋ Cancer
June 22 - July 23
With communications planet Mercury linked to Pluto in your opposite sign today you won't hesitate to call it as you see it. Some people may be shocked that you are so outspoken but you won't care in the slightest.

♌ Leo
July 24 - Aug. 23
If someone suggests you need to prove your commitment, maybe you should reconsider the status of your relationship. As far as you are concerned, it is a partnership of equals. If they can't agree, say goodbye.

♍ Virgo
Aug. 24 - Sept. 23
You're in a rebellious mood and may do something that shocks friends and enemies. Good. Too many people have been taking you for granted.

♎ Libra
Sept. 24 - Oct. 23
You will know if someone is lying to you today. There is no way they can pull the wool over your eyes. Whether or not you let them know you are not fooled is up to you. It may benefit you to play dumb.

♏ Scorpio
Oct. 24 - Nov. 22
Reach out to someone you have not seen or heard from in a while. Not only will you have plenty of gossip to catch up on, you may find your long-term plans coincide nicely.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be a rebel by nature but this is not a good time to rock the boat. Instead, find out what assistance friends and family members need and do what you can to help them realize their goals.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your sign endows you with the courage to get things done, and today and over the weekend you will push yourself harder than you have done for a long time. But it's not just about physical effort. Think harder, and deeper, too.

♒ Aquarius
Jan. 21 - Feb. 19
An investment you made a while back will pay off today and you will be glad you had the sense to act on what your inner voice told you. What it's telling you now is to not get carried away.

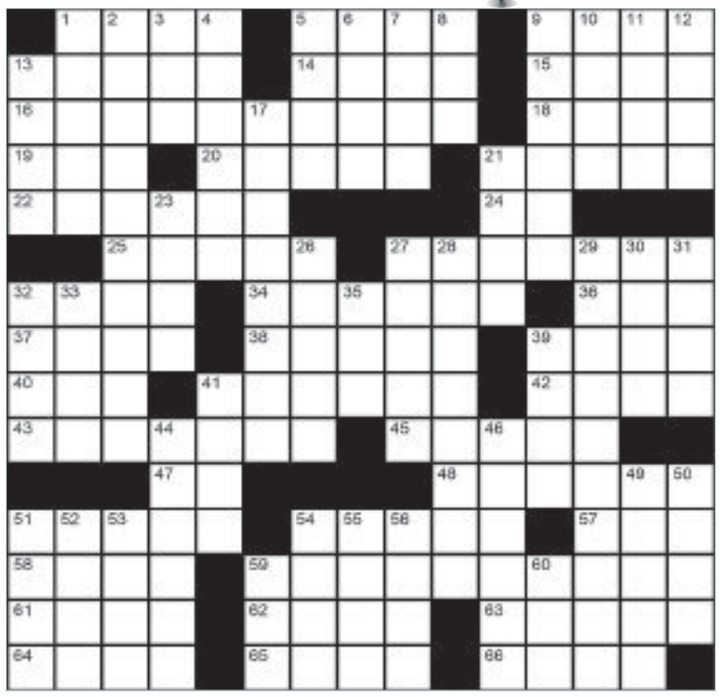
♓ Pisces
Feb. 20 - March 20
Even if you are the kind of Pisces who does not like to rock the boat, you will let certain people know where they have been going wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

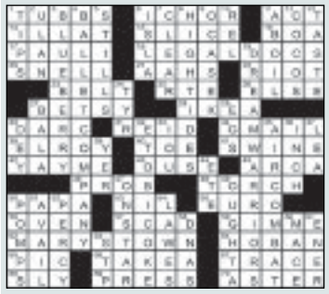
BY KELLY ANN BUCHANAN



Across
1. Snake sounds
5. Staff on a ship
9. Kitchen knife-using move
13. "Lorna __" (1951)
14. Actress Ms. Turner (b.1921 - d.1995)
15. Practitioners of it might be wearing Lululemon
16. Mega music event this weekend: 2 wds.
18. Ernie's pal
19. Work unit
20. Eras
21. Rhinoplasty targets
22. Montreal's __ College
24. Certain conjunction
25. Prone to drips
27. Reside ruggedly: 2 wds.
32. Honest
34. Denizens of The Hawkeye State
36. 'Press' suffix
37. Plucked instrument
38. Milan-based fashion house
39. Marie-Claire's friend
40. Banqueted
41. Unravel the scarf and start all over again
42. Fewer
43. Intersection in #17-Down, __ and Main
45. Spherical
47. Out's opposite
48. Gives warning
51. Canadian Transport Minister, Lisa __
54. Single-named male model
57. Eggs, Latin-style
58. Opposing
59. "Kids in the Hall: __ __" (1996)
61. __-Cola
62. "I Got You __" by Sonny & Cher
63. Decks, in boxing
64. Comic actress Madeline
65. Blue hue
66. Competed on "American Idol"

Down
1. "This milk is __ _ bit, don't you think?" (Milk-drinker's complaint)
2. An attendee at #16-Across
3. __-Cone
4. "Airport" (1970) director, George __
5. __ up (Become tight-lipped)
6. Uncommon
7. Terminates
8. Existed
9. Robotically-enhanced Sci-Fi human
10. Works the flower beds
11. Demon
12. Mr. Sajak's
13. Spun/scratched the LPs
17. Setting of #16-Across
21. We: French
23. Certain
26. Singer, Thom __
27. "You Turn Me On, I'm a __" by Joni Mitchell
28. Where some commuters are right now: 3 wds.
29. Jessica Tandy's Canadian actor hubby who starred in "Cocoon" (1985): 2 wds.
30. Flower kind
31. Football accessories
32. Envelope part
33. Using-a-street thing
35. Pallid
39. "No word of _ __." (True)
41. Mouth off
44. Renaissance painter from Venice
46. Barricades
49. The Littlest Hobo, e.g.: 2 wds.
50. Pronounces
51. Coat __
52. Small buffalo
53. Yen
54. Skirmish
55. Rhyming scheme
56. "Tres __!"
59. UK network
60. Battery size

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				3			5	
5	3		9					6
		4			8			
9	7			1				
	6						3	
				5			4	8
			1			5		
7					3		6	1
	9			6				2

Yesterday's Sudoku

8	4	1	6	9	3	7	2	6
6	5	9	7	2	8	4	1	3
3	2	7	4	1	6	8	5	9
1	8	6	9	7	4	5	3	2
7	9	5	6	3	2	1	8	4
4	3	2	8	5	1	9	6	7
5	1	4	2	6	7	3	9	8
2	7	3	1	8	9	6	4	5
9	6	8	3	4	5	2	7	1

Today -5°/-9° Variable
Saturday 2°/-13° Flurries 40%
Your #1 weather forecast now available in HD.
The Weather Network HD
©The Weather Network 2014

Exclusively at
Kitchen & Bath CLASSICS
Come visit our showroom TODAY!
1176 Hamilton Street, Regina, SK S4R 2B2 • T: 306-565-2284

Offers in effect Thursday, March 27th, to Wednesday, April 2nd, 2014 unless otherwise stated, while quantities last

SEARS outlet

Sears Quality....Outlet Prices....*Everyday.*

Tuesday is Seniors' Discount Day
Seniors 55 and Up will SAVE an additional **15%** off the already reduced prices on all Fashions in the store
When They Use Their Sears Financial™ Credit Card

Men's & Women's Selected SWEATERS

$1, 3, & 5 ea. or Less

FOOTWEAR BLOWOUT!

Save an additional **30% Off** Our already reduced prices on all Women's & Children's FOOTWEAR

New Arrivals of FAMILY FASHIONS

$9.72 - $14.72 ea. or Less

INCLUDES SELECTED SPRING FASHIONS & FOOTWEAR FOR THE ENTIRE FAMILY
1000s of items Arriving Daily!

Save an additional 40% Off DRAPERIES

Our already reduced prices on all

New Arrivals of *LAWN MOWERS* at Low Outlet Store Prices

New Arrivals Daily of MATTRESSES, UPHOLSTERED & WOODEN FURNITURE

UP TO **60% Off** Off Sears Original Prices

NordicTrack® Treadmill

#29451

WAS $2999.99
NOW ONLY **$789.99 ea.**

We Have Drastically Reduced the Prices on a Huge Selection of FRIDGES

Was $599.99 - $3399.99
NOW $399.99 - $1499.99 ea.
Prices as marked. While Quantities Last

Save **30%** ON ALMOST ALL FRIDGES
Priced Over **$1000** before taxes
Excludes all items with Yellow Starbursts, Red Penned & Red Clearance Tags

Save 20% On Almost All RANGES

Priced Over **$1000** before taxes
Excludes all items with Yellow Starbursts, Red Penned & Red Clearance Tags

Sears Outlet Store

1908 7th Ave.
Regina SK

Store Hours

Monday - Friday 9:30 am - 9 pm
Saturday 9:00 - 6 pm
Sunday & Holidays 11am - 5 pm

Sears Catalogue Shopping

Ask About ship-a-gift
www.sears.ca
1-800-267-3277 (24hr)

†Sears® Financial™ MasterCard® Sears Financial™ Voyage™ MasterCard® or Sears Card offers are on approved credit. Personal shopping only. Savings offers do not include Parts & Service or Sundry Merchandise, Items with #195XXX & Sears 'Value' Programs with prices ending in .97. All merchandise sold "as is" and all sales final. No exchanges, returns or adjustments on previously purchased merchandise; savings offers cannot be combined. No dealers; we reserve the right to limit quantities. Prices do not include home delivery. Although we strive for accuracy, unintentional errors may occur. We reserve the right to correct any error. 'Reg.', 'Was' and 'Sears selling price 'refer to the Sears Catalogue or Retail store price current at time of merchandise receipt. Sears® MasterCard, Sears Voyage MasterCard or Sears Card offers are on approved credit. Sears® and Voyage™ are reregistered Trademarks of Sears, licensed for use in Canada.®/™ MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. Sale priced merchandise may not be exactly as illustrated. Offers valid at Sears Regina Outlet Store shown only. For other hot deals, visit the Outlet Site at www.sears.ca/outlet© 2014 Sears Canada Inc.

Bennett-fit #9

Heinrich Bekker
Loyalty Consultant

CarProof Report with Every Purchase

Bennett-fits:
Just another reason it's Better at Bennett

#113164P

HTD LEATHER SEATS, UPGRADED AUDIO, SYNC, DUAL EXHAUST, CLOTH CONVERTIBLE TOP

2011 FORD MUSTANG GT CONV

MARKET VALUE $31,995* SALE PRICE $28,995* PAYMENT $219* B/W

#D27427P

3.5L 6CYL, SYNC, BLUETOOTH, POWER WINDOWS & LOCKS, ROOM FOR 7 PLUS CARGO

2011 FORD FLEX SEL

MARKET VALUE $18,998* SALE PRICE $17,995* PAYMENT $129* B/W

#287254RP

FULLY LOADED, HTD LEATHER SEATING, REV SENSING SYSTEM, MYFORD TOUCH, NAVIGATION

2013 FORD FUSION TITANIUM AWD

MARKET VALUE $31,995* SALE PRICE $28,995* PAYMENT $189* B/W

#665067T

VERY LOW MILEAGE, 79,606 KMS, NICE & CLEAN, FRESH TRADE, LOCAL OWNER

2008 NISSAN SENTRA S

MARKET VALUE $13,998* SALE PRICE $8,995* PAYMENT $96* B/W

#502700P

5.7L 8CYL, FULLY LOADED, HTD LEATHER SEATS, TRAILER TOW PACKAGE, PREMIUM SOUND SYSTEM

2008 TOYOTA TUNDRA LTD

MARKET VALUE $29,998* SALE PRICE $25,995* PAYMENT $249* B/W

#224118T

ALL TERRAIN PKG, HTD LEATHER SEATS LOW KMS, MUST SEE VEHICLE, LOCAL TRADE

2013 GMC SIERRA 1500 SLT

MARKET VALUE $42,998* SALE PRICE $36,995* PAYMENT $229* B/W

#A01140P

4.6L 8CYL, 4X4, HEAVY DUTY SHOCKS, AIR, CRUISE, POWER WINDOWS & LOCKS

2010 FORD F-150 XLT CREW

MARKET VALUE $27,998* SALE PRICE $22,495* PAYMENT $189* B/W

#219687T

3.7L 6CYL, MANUAL, SPOILER AND STRIPE, DUAL EXHAUST, UPGRADED STEREO

2012 FORD MUSTANG V6 COUPE

MARKET VALUE $28,995* SALE PRICE $24,995* PAYMENT $179* B/W

#330309T

AUTOMATIC, AIR, CRUISE, TILT, LOW KMS, WONDERFUL FUEL ECONOMY!

2009 TOYOTA YARIS BASE

MARKET VALUE $14,995* SALE PRICE $13,495* PAYMENT $119* B/W

#C50504RP

3.5L 6CYL, HTD LEATHER SEATS, TRAILER TOW PACKAGE, BLIND SPOT MONITOR SYSTEM, POWERFOLD THIRD ROW

2013 FORD EXPLORER LTD AWD

MARKET VALUE $43,998* SALE PRICE $39,995* PAYMENT $269* B/W

#551852T

LOADED UNIT, REMOTE START, MUST SEE, LOW 35,000 KMS, ONE OWNER

2011 DODGE JOURNEY RT

MARKET VALUE $28,998* SALE PRICE $23,495* PAYMENT $190* B/W

#R267728P

AUTO, POWER GROUP, SPORTY LOOK, GREAT GAS MILEAGE, ONLY 26,000 KMS

2012 DODGE CARAVAN SXT

MARKET VALUE $20,998* SALE PRICE $18,995* PAYMENT $149* B/W

#287268RP

HTD LEATHER SEATING, REMOTE KEYLESS ENTRY, REAR VIEW CAMERA, NAV, MOONROOF

2013 FORD FUSION TITANIUM AWD

MARKET VALUE $31,995* SALE PRICE $28,995* PAYMENT $189* B/W

#151900P

AWD, HTD AND COOLED LEATHER SEATS, REV SENSING, DUAL ZONE CLIMATE CONTROL, POWER MOONROOF

2011 FORD TAURUS LTD AWD

MARKET VALUE $29,998* SALE PRICE $26,995* PAYMENT $219* B/W

#B11550T

6.7L 8CYL, HTD & COOLED LEATHER SEATS, HEAVY DUTY SHOCKS, TRAILER TOW PACKAGE

2012 FORD F-350 LARIAT

MARKET VALUE $56,998* SALE PRICE $50,995* PAYMENT $359* B/W

Over 140 vehicles online at bdf.ca

VISIT OUR SHOWROOM

MONDAY TO THURSDAY
8AM TO 8PM

FRIDAY TO SATURDAY
8AM TO 6PM

SUNDAY
CLOSED

Or chat with us online
24 hours a day, 7 days a week.

306.522.6612 · bennettdunlopford.com
770 Broad Street, Regina

Ford BennettDunlopFord
Driving Change

*All prices and payments are based with $1,500 down or equivalent trade in value. Payments are bi-weekly using 5.29% APR OAC. Prices are plus applicable taxes. Dealer installed options are not included. Photos are for illustration only. Some conditions may apply to the above programs. All offers are OAC. See dealer for complete details. **WE DO NOT CHARGE ADMIN FEES! DL#916407**